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### AMENDMENTS TO THE CLAIMS

The following listing of claims will replace all prior versions and listing of claims in the application.

- 1-3. (Cancelled)
4. A chin/pull-up exercise assist apparatus comprising:  
at least one extensible elastomeric component;  
first and second ends, each of the first and second ends being releasably attachable to any user selected portion of an overhead support structure; and  
a non-rigid, frontal lower leg engagement strap coupled to the at least one extensible elastomeric component and substantially centrally positioned between the first and second ends;  
wherein the at least one suspended elastomeric component provides an elastic resistance to create an upward force during performance of a chin/pull-up to offset a portion of an exerciser's body weight and thereby assist the exerciser in performing the chin/pull-up.
5. The chin/pull-up assist of Claim 4 wherein the at least one extensible elastomeric component is exchangeable.
6. The chin/pull-up assist of Claim 4 wherein suspension length adjustability is achieved by at least one of adjustable length components and spaced component attachment points on the apparatus.
7. The chin/pull-up assist of Claim 4 wherein a longitudinally hollow device having two ends is longitudinally fitted around the elastomeric component on each side of the frontal lower leg engagement strap wherein the elastomeric component can stretch beyond the two ends of the enwrapping device.

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8. The chin/pull-up assist of Claim 4 wherein at least one of the suspension attachment means, the frontal lower leg engagement strap, and the at least one extensible elastomeric component is a detachable component.
9. The chin/pull-up assist of Claim 8 wherein the frontal lower leg engagement strap is releasably suspended from the overhead support structure by at least one extensible elastomeric component attached between each end of the strap and the overhead structure.
10. The chin/pull-up assist of Claim 8 wherein the frontal lower leg engagement strap is made of at least one type of water absorbing material or fabric such that when it is disengaged from the apparatus it can function as a gym towel.
11. The chin/pull-up assist of Claim 4 wherein the frontal lower leg engagement strap is made in whole or in part of a natural or synthetic rubber-like material like neoprene.
12. The chin/pull-up assist of Claim 4 in combination with chin-up exercise equipment.
13. Exercise equipment including a chin/pull-up exercise assist apparatus comprising:
  - an overhead chin-up support structure;
  - at least one extensible elastomeric component;
  - first and second ends, each of the first and second ends being releasably attachable to the overhead support structure; and
  - a non-rigid, frontal lower leg engagement strap coupled to the at least one extensible elastomeric component and substantially centrally positioned between the first and second ends;wherein the at least one suspended elastomeric component provides an elastic resistance to create an upward force during performance of a chin/pull-up to offset a portion of an exerciser's body weight and thereby assist the exerciser in performing the chin/pull-up.

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14. The chin/pull-up assist of Claim 13 wherein the chin/pull-up assist apparatus is integrated into a multi-function exercise machine.

15. The chin/pull-up assist of Claim 13 wherein the at least one extensible elastomeric component is exchangeable.

16. The chin/pull-up assist of Claim 13 wherein suspension length adjustability is achieved by at least one of adjustable length components and spaced component attachment points on the apparatus.

17. The chin/pull-up assist of Claim 13 wherein a longitudinally hollow device having two ends is longitudinally fitted around the elastomeric component on each side of the frontal lower leg engagement strap wherein the elastomeric component can stretch beyond the two ends of the enwrapping device.

18. The chin/pull-up assist of Claim 13 wherein at least one of the suspension attachment means, the frontal lower leg engagement strap, and the at least one extensible elastomeric component is a detachable component.

19. The chin/pull-up assist of Claim 18 wherein the frontal lower leg engagement strap is releasably suspended from the overhead bar or other secure handheld structure by at least one extensible elastomeric component attached between each end of the sling and the overhead bar or other secure handheld structure.

20. The chin/pull-up assist of Claim 18 wherein the frontal lower leg engagement strap is made of at least one type of water absorbing material or fabric such that when it is disengaged from the apparatus it can function as a gym towel.

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21. The chin/pull-up assist of Claim 13 wherein the frontal lower leg engagement strap is made in whole or in part of a natural or synthetic rubber-like material like neoprene.
22. A chin/pull-up exercise assist apparatus comprising:
- at least one extensible elastomeric component;
  - first and second ends, each of the first and second ends being releasably attachable to any user selected portion of an overhead support structure; and
  - a non-rigid, frontal lower leg engagement strap releasably coupled to the at least one extensible elastomeric component and substantially centrally positioned between the first and second ends, the strap comprising: a narrow length of at least one type of flexible and substantially non-stretchable material; at least one non-pass through pocket provided substantially at each end of the strap and positioned in a region substantially central to the width of the strap; a plurality of bulk objects for pocket insertion; and a plurality of coupling devices at least partially encircling the width of the strap;
- wherein the at least one suspended elastomeric component provides an elastic resistance to create an upward force during performance of a chin/pull-up to offset a portion of an exerciser's body weight and thereby assist the exerciser in performing the chin/pull-up.
23. The chin/pull-up assist of Claim 22 wherein the frontal lower leg engagement strap is made of at least one type of water absorbing material or fabric such that when it is disengaged from the apparatus it can function as a gym towel.